



OPEN LETTER

Capitol Heights Presbyterian | 10:30 Catholic Community | Dignity Denver | White Forest Sangha



CAPITOL HEIGHTS FAITH COMMUNITIES

1100 Fillmore Street
Denver, Colorado 80206
303-333-9366

Church Administrator: Debbie Yeager
Admin Email: capheightsoffice@gmail.com

Capitol Heights Presbyterian (CHPC)
<https://capheightspres.org>
chpcnews@gmail.com
Facebook [@capitolheightspreschurch](https://www.facebook.com/capitolheightspreschurch)
Youtube.com/[@capheights](https://www.youtube.com/@capheights)

10:30 Catholic Community
www.1030catholic.org
Facebook

Dignity Denver
www.dignitydenver.org
Facebook
Dignity: 720-515-GLBT

White Forest Sangha (WFS)
<https://www.wfszen.org>
info@whiteforestsangha.org
Steve: 303-324-0365

Sunday Worship Services
Presbyterian 9:30 a.m.
10:30 Catholic 11:00 a.m.
Dignity Denver 5:00 p.m.

WFS Tuesday Meditation
7:00 - 8:15 p.m.

WFS Wednesday Meditation
6:00 - 8:00 p.m.

WFS Saturday Meditation
9:15 - 11:20 a.m.

Send all announcements for the OPEN LETTER to the Church Administrator (capheightsoffice@gmail.com) by 12 PM Thursday

To schedule a meeting or event, please call the church at 303-333-9366 or send an email to capheightsoffice@gmail.com.

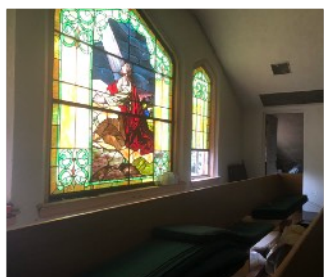
To view the Open Letter online visit capheightspres.org or scan the QR code



Capitol Heights Presbyterian Church

We are part of an old tradition, made new with each person who comes to us. We witness to a greatness that transcends what we now say, know, or do, but is graciously made present in acts of kindness, hope and peace. We are called to be a community of such hope for the sake of the God of all, and we delight in all who choose to join us.

- **Sunday, October 22, 9:30 AM Service:** All are welcome to attend the 9:30 AM service in person or on zoom. We will not have a hybrid 11AM dialogue this Sunday as instead we will be preparing breakfast bags for Capitol Hill United Ministries - Women's Homelessness Initiative. Children who wish to participate will gather for a story at 11AM and then adults and children will meet in the church kitchen/Social Hall at 11:30 AM to prepare 50 breakfasts for WHI. A taco lunch will be provided following our work. Folks of all ages are welcome to participate!
 - ◆ Zoom Link for 9:30 AM Service
 - ▶ [Click here to Join Zoom Meeting with video](#)
 - ▶ One tap mobile with a Smartphone: +13462487799,,82045841954# OR +16699009128,,82045841954#
 - ▶ Or Call: (+1) 253 215 8782; enter MEETING ID when prompted: 820 4584 1954 #; PASSCODE 1 2 3 4
- **Sunday, October 29 11:00 AM Dialogue:** On October 29th we will have a "Festival of Reformation" with a service at 9:30AM and a special dialogue at 11:00 AM with Chance, Lomami, and Jamie discussing their journey from Africa to America.
- **Friday, October 27, 6:30 PM:** Cary and family invite you to the annual Mead Halloween party. Children of all ages (1-100) are welcome. Costumes are highly encouraged, but not required. It is a potluck, so come prepared to eat & have fun! The party will be held at the Mead household (3704 S. Hudson St.)
- **Thursday, November 2, 7:00 PM** Our Next Bonhoeffer Study will take place on **zoom** the first Thursday in November. We will be reading letters from July 21 - End of July, 1944.
- **Saturday, November 4, 10:00 AM - 12:30 PM - Conference on the Middle East: A Christian Response:** United Presbyterian Church (UPC) and the Wyoming Presbytery (part of our Rocky Mountain Synod) will host a conversation on the complex humanitarian and political issues faced in the Middle East. UPC and the Wyoming Presbytery have been involved with the Syria-Lebanon Partnership Network (SLPN) for several years. SLPN brings together Presbyterians to facilitate partnerships with churches and church-related ministries in Syria and Lebanon. This Conference will focus on the historical influences resulting in today's conflicts, the current realities facing the region, and the on-going impact of the dislocation of millions of people. Active leaders of the national network, Rev Tim McCalmont and Arfan Jarjour are the featured presenters. This program is FREE and available via STREAMING. Please contact upclaramie@gmail.com for link.
- **Contributions to Disaster Relief for the Middle East** can be made through the Presbyterian Disaster Assistance. More information [HERE](#).
- **Grocery cards that support CHPC** are available for Safeway grocery stores - please contact Charlie Fiser if interested. The King Soopers program is tied to their loyalty card program. Go to customer service and ask how to tie your loyalty card number to benefit Capitol Heights Presbyterian Church. Call Charlie Fiser with any questions (303-875-5129).



Building News

Denver Water was hard at work on October 11th replacing the lead pipe that provides water to our church building! Denver Water recommends that church users continue using the filtered water pitcher provided by Denver Water for the next 4 - 6 months to give time for any remaining lead residue to clear out from the pipes. As an extra precaution, the church will have our water tested after the 4 - 6 month period (close to Easter) before lifting the advice to use filtered water for drinking and cooking.



The lower tier West Façade Stained Glass windows now have new 1/4 inch tempered glass installed. This glass will provide the windows more protection from the elements and vandalism. Much of the cleaning and glass repair on the long portion of the lower windows is complete and the operable small windows will soon be reinstalled. We are grateful to Moises of Watkins Stained Glass for his many hours of work on repairing our historic stained glass windows.

10:30 Catholic Community

We are a Christ-centered, Spirit-directed Catholic worshipping community. In response to the teachings of Vatican II, we come together, searching for ways to reflect the person and work of Jesus Christ in our time, to our world.

- **11:00 AM Mass is held on Sunday's** in the Sanctuary at 1100 Fillmore Street.
- **November 12, 12:00 PM Social Service Sunday:** All are invited to participate in the Rice and Bean Bag break down in support of Metro Caring. The event will be held at 12PM in the basement Social Hall following mass.
- **The American Friends Service Committee** has sent out an appeal for support for the 100s of folks arriving from the southern border every day. Support efforts include:
 - **Gift Cards for Newly arrived Immigrants - Sponsored by Colorado Hosting Asylum Network (CHAN)** - Patrick Buckley will collect the gift cards on behalf of our communities on Sunday morning's and deliver them to CHAN.
 - **Clothing Donation Drop off - find list of specific clothing request HERE.**
 - The City and County of Denver is providing a weekly update on the support given to migrants who have arrived in Denver from Central and South America. You can find the weekly updates [HERE](#).
- **Any Catholic families seeking First Communion** for their children/grandchildren please contact Cristina Palma-Vega Dixon at nanapv@msn.com
- **The Religious Education Committee and council** are recommending the following book to the Community with plans for a community discussion at one of our Fourth Sunday Discussions in the fall: *Finding Jesus Among Muslims: How Loving Islam Makes Me a Better Catholic* by Jordan Denari Duffner, 2017, Liturgical Press.
- **COVID Safety Protocol:** Council requests that members who test positive for COVID and attended mass (or another 10:30 community function) at a time when they may have been infectious to pass that information along to the Chair so that other members can be informed and supported.

Community News

- **November 12, 12:00 PM Social Service Sunday:** The 10:30 Catholic Community will once again host a Rice and Bean Bag break down in support of Metro Caring. All are invited to attend the event held in the basement Social Hall following mass.
- **Sunday, November 5, 12:00 PM Another Afghan Dinner!** Tricia Huth from 10:30 CC is working with Wellshire Presbyterian Church to organize another Afghan dinner featuring the cooking of the Homzolay women who have made two meals for our shared communities. Members of the 1100 Fillmore Faith Communities are invited to participate. Here are the details:
The event will be hosted at Wellshire Presbyterian Church (2999 S. Colorado Blvd.) The dishes will be prepared by the extended Hamzolay families, who settled in the Denver area after escaping the Taliban in Afghanistan two years ago. A number of churches in the Denver Presbytery have been working with the families to build new lives here. "Pay as you wish" contributions will greatly help them as they remain squeezed financially during a challenging period of adjustment. Register for the lunch at coloafghans@gmail.com as seating is limited. Please include name, email address, phone number, and number of people in your party. Hope you can attend!
- **October is Conflict Resolution Month:** Every year a book is selected by Conflict Resolution Month synergizers and delivered to all Representatives and Senators in the Colorado Legislature, as well as judges of Denver District Court, and to a number of Little Free Libraries throughout the Denver area. The book selected for 2023 is titled "**Listen Like You Mean It: Reclaiming the Lost Art of True Connection**," by Ximena Vengoechea (2021). To see more events and tools for conflict resolution visit conflictresolutinomonth.org.

Community Events

Sunday

CHPC Sunday Schedule

9:30 AM Service (Sanctuary / [Zoom](#))

11:00 AM Dialogue (Basement Lounge / [Zoom](#))

10:30 CC Sunday Schedule

11:00 AM Mass (Sanctuary)

Dignity Denver Sunday Schedule

5:00 PM Dignity Denver Mass, Every 1st, 3rd, & 5th Sunday

Sunday AA

9:00 AM Basement Social Hall or South Garden Benches as weather allows.

Tuesday

5:45 PM; NA - "Don't Know Diddly" (Social Hall)

7:00 PM - "Beginner's Mind Zazen," meditation with White Forest Sangha

7:00 - 8:30 PM Comedy Is Therapy with Dr. Alison Sheesley for people struggling with social or generalized anxiety. (Nursery)

Wednesday

5:00 PM CHPC Music Rehearsal (Sanctuary)

White Forest Sangha Meditation (Basement Meditation Room)

6:00 - 6:15 PM logon/seating in the zendo

6:15 - 6:55 PM zazen

6:55 - 7:15 PM chanting service

7:15 - 7:25 PM prepare for discussion

7:25 - 8:00 PM Dharma discussion

8:00 PM Bodhisattva vows and closing gathering

6:30-8:30 PM Ye Wanton Singers (Sanctuary)

Thursday

6:00 PM Women's AA (Room 104)

Saturday

White Forest Sangha Morning Meditation (Basement Meditation Room)

9:15 - 9:30 AM arrive and take seat in zendo

9:30 - 10:10 AM zazen

10:10 - 10:20 AM kinhin

10:20 - 11:00 AM zazen

11:00 - 11:20 AM service

11:20 AM informal tea

For more information contact Steve Mushin Crisman ([303-324-0365](tel:303-324-0365) / info@whiteforestsangha.org)

10:00 AM SLAA (Room 104)

10:30 AM NA - "Primary Purpose" (Social Hall)

Leaders of the Capitol Heights Faith Communities

Ecumenical Leadership at 1100 Fillmore

Shared Operations Leadership:

CHPC Session • 10:30 Catholic Council • Dignity Denver Board
Charlie Fiser - Treasurer; Debbie Yeager - Building Administrator

Historic Building Team

Debbie Yeager

Sonya Yeager-Meeks

Dan Jacobs

Mike Owen Preservation Services Manager & Historic Denver

Ecumenical Worship Committee

Bibiana Hager

CHPC

Jeanne Jeffas

CHPC

Mary Sullivan

10:30 CC

Sylvia Sullivan

10:30 CC

Garden Team

Mary Lou Fenili

Liz Pinckard

Debbie Yeager

Sonya Yeager-Meeks

Linden Snow of *Remedy Permaculture Design*



Capitol Hill United Ministries - Women's Homelessness Initiative

Diana Flahive, *Executive Director*; 303-832-4188 | 303-257-8588 (cell) | flahive@flahive.us

Leadership Team Members

Bonita Bock (Augustana Lutheran); Cass Cronan (Earthlinks); Charlie Fiser (CHPC); Brian Henderson (1st Baptist); Chris Gilmore (6th Ave. UCC) Mark Meeks (CHPC)

Capitol Heights Presbyterian Church

Session Elders:

Sonya Yeager-Meeks

(Class of 2023 - 1st Term)

Position Open

(Class of 2023 - 1st Term)

Mary Hupp

(Class of 2024 - 1st Term)

Rodney Shuff

(Class of 2024 - 2nd Term)

Charlie Fiser

(Class of 2025 - 1st Term)

Bonnie Jensen

(Class of 2025 - 1st Term)

Rev. Mark Meeks

Spiritual Leader

Rev. Bill Sanders

Moderator

Jeanne Jeffas

Clerk of Session

Charlie Fiser

Treasurer

Jean Demmler

Commissioner to the Presbytery of Denver

Bibiana Hager

Deacon

Sonya Yeager-Meeks

Co-Director of Music

Debra Yeager

Co-Director of Music

Debra Yeager

Children's Ministry

10:30 Catholic Community Council

Jim Butz

Chair

303-913-3290

Katie Theisen

Co-Chair

303-756-0507

Gene Lang

Treasurer

303-399-5692

Kristen Insana

Secretary

440-223-0101

Meg Johnson

Liturgy Liaison

303-399-5692

Estela Bogaert-Martinez

Adult Religious Education

303-618-6617

Co-Liaison

Ellie Anderson

Adult Religious Education

303-638-5088

Co-Liaison

Mary Sullivan

Social Action Liaison

703-371-9105

Connie Curtis

Member-At-Large

303-296-6315

Kyle Gross

Member At-large

303-733-7199

Dignity Denver Board

Brad Cameron

President

Brad Cameron

Co-Treasurer

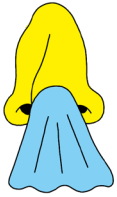
Mike Misgen

Member at Large

The New York Times recently published an article on how to navigate 8 common illnesses. Here is a quick reference summary. To see the full article by Dana G. Smith, "[Am I Still Contagious?](#)", [click HERE](#).

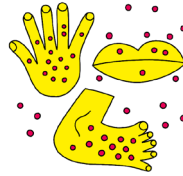
Am I Still Contagious?

Consult this quick guide whenever someone in your family is sick.



Cold

Mild symptoms, including runny nose and congestion. Most contagious on Days 2 and 3.



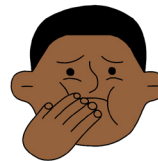
Hand, foot & mouth disease

Rash, mouth sores, fever. Most contagious while symptoms are present (a few days to a week).



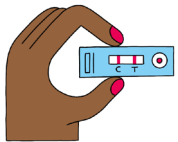
Conjunctivitis (pink eye)

Itchy, red, weepy eyes. Highly contagious for a few days to a couple weeks, if you get it in both eyes.



Norovirus

Diarrhea and vomiting. Symptoms last 24 to 48 hours, but you can be contagious for weeks.



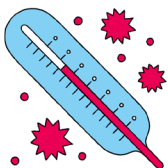
Covid-19

Congestion, fatigue, cough, sore throat. Most contagious through Day 5.



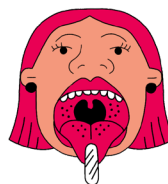
R.S.V.

Severe coughing, wheezing, shortness of breath. Most contagious on Days 1 to 5.



Flu

Sore throat, congestion, fever, aches — all of which come on suddenly. Contagious for about five days.



Strep

Very sore throat, maybe fever. No longer contagious 24 hours after starting antibiotics.